

PST/INTERVIEWS FOR ROTA SPAIN 2004

The PST coordinator schedules PST Time and Location. Submit your online PST Request via the seal website, your request will be processed with other candidates in your geographic location:

https://www.seal.navy.mil/seal/pst_request.asp

NOTE: YOU WILL NOT BE SCHEDULE FOR THE PST UNTIL YOU HAVE BEEN CLEARED BY BUD/S MEDICAL. PLEASE READ AND FOLLOW THE STEP-BY-STEP GUIDELINES:

<https://www.seal.navy.mil/seal/pdf/pstrequest.pdf>

GEAR LIST

Candidates are required to arrive 15 minutes early with the items listed below:

The original approved special request chit

Service and Medical Record

Military identification card

T-shirt, dungarees or cammies, and boots for **SEAL candidates**

T-shirt, shorts, and running shoes for **SWCC candidates**

Swimsuit and towel

Drinking water

Upon Successful completion of the PST

Candidate will be interviewed, IAW MILPERSMAN 1220-150.
Interview requirement items:

- (1) Uniform of the day
- (2) The original approved special request chit
- (3) Military ID
- (4) Service record
- (5) Medical record
- (6) Wavier(s) (See Waivers)

NOTE:

Cancellations or rescheduling of a scheduled PST can be
Requested via

Email: <mailto:PSTcoordinator@navsoc.navy.mil>